



www.barracudashockey.com



WELCOME TO ANOTHER SEASON OF BARRACUDA'S HOCKEY!!

Our club continues to evolve and get better thanks to the commitment, contribution and support from all our volunteers. Girl's hockey in Burlington is thriving!!

In order to prepare for the future and to ensure our program in Burlington continues to grow, an initiative will be launched to make sure our club programs meet the needs of our players in Burlington. We will define "success" in terms of our players, coaches and our various programs and then create a plan with specific goals and initiatives that will assist in realizing our vision of successes.

We will consider and focus on 5 major objectives;

- establish an safe, positive and enjoyable playing environment for our players, coaches, parents, volunteers, officials and others
- program growth through various marketing and promotion initiatives
- improve our overall competitiveness through continued coach and player development initiatives
- reduce costs through increased fund raising and sponsorship
- continue to partner with the City of Burlington to ensure fair and equitable ice time for our players

The intent of this initiative is to create an environment that will attract new players and retain our current players. Perhaps most importantly our organization will have a plan that can be used ensure our initiatives are directed

and contribute to the objectives and goals established to the benefit of us all.

I hope this will be the start of something very positive and I count on your support and feedback to make this vision a reality.

The 2010 Winter Olympics in Vancouver are just around the corner and women's hockey will be a key event during the games. It is with great pride that our Director of Officiating Mary Anne Gage has been selected to referee during this event. Mary Anne's contribution to women's hockey in Burlington as well as across Ontario and the rest of the world is something we can be very proud of... **Congratulations Mary Anne!!**

The National Women's Hockey Team of China has selected Ontario for it pre-Olympic training locations and has partnered with the OWHA to assist in this endeavour. Representatives of team China recently spoke at the OWHA AGM and stated that Ontario by far had the best women's hockey program the world had to offer and that working with local Ontario teams (players and coaches) has significantly helped them in their Olympic preparations.

With this in mind our Barracudas Sr. AAA team will be hosting a game against the Team China Sunday Oct. 25th. This is going to be a very exciting event that our club is excited to be part of. Please continue to monitor our website www.barracudashockey.com for details and plan on attending.

Our executive team continues to improve on the successes of the past executive team. New to the board are Jim Cruickshank – Dir. of Competitive Teams, Dennis Duda – Dir. of Player and Coach Development and Gytis Grabauskas – Dir. of Sponsorship. We are already implementing new ideas that will contribute to building on the legacy of excellence established by past executive members... Welcome to the team!

I would like to express my sincere thanks to the outgoing members of the Board, particularly Jeff Pellizzari and Jeff Martin, your contributions and commitment to the growth of the Barracuda's program has been invaluable... we will continue to leverage your experience and support going forward ... thanks very much.

A special note of thanks to Chris Hanlon, our past President, our organization has dramatically grown over the past few years and has had to evolve operationally to meet the challenges related to growth, your leadership, teamwork and guidance over the past 2 years has been crucial... thanks again.

Finally, to all the volunteers that make our organization great, thanks for your support, let's have a great season this year and keep it fun for the players.

Best Regards
Greg Gillies - President

IMPORTANT DATES	
October	
25 th	Senior AAA vs. National Woman's Team of China Appleby Arena - Noon
November	
9 th	Board Meeting - Appleby Arena Board Room - 7:00 pm
14 th	House League Photo Day – Appleby Arena

DIRECTOR'S MESSAGES

Senior Recreation

Welcome to the 2009/2010 BGHC Senior Rec season. I am very excited about this season. For the first time we are offering three tiers, Novice, Intermediate and Advanced. The season is being kicked off with a free skills and drills session. The sessions have been organized and run by the Senior AAA members of the Burlington Barracudas. These ladies are amazing hockey players and everyone should really enjoy these skills and drills sessions. I know I am excited about getting my skates back on!

Thank you to Martha McCarthy for volunteering to convene the Intermediate tier this year. I am very appreciative of the help with organizing and running the Senior Rec league. It is expanding so quickly! If anyone else has some time to help out please contact me.

The season will officially kick off just after Thanksgiving. The teams and schedules will be posted on the Senior Rec website shortly. Please feel free to contact me anytime if you have any questions or concerns regarding the league.

Yours in Hockey,

Kathie Gilmour
Director of Senior Rec

Fundraising

There are a few opportunities to earn bingo credits this fall. You can earn a \$50.00 credit on your hockey by working a bingo event. Rules are restricted, must be 16 yrs. to work one event, and you are responsible for your own shortages. For more info. contact Wendy: email hoekio@yahoo.com

Wendy Buschinger
Director of Fundraising

Player and Coach Development

6 years ago my daughter Avrie said she wanted to play hockey, probably not what I expected to hear from my daughter when she was born 7 years prior. Ever since then I was a part of the BGHC in one way or another.

I have been around the game of hockey all my life whether playing or coaching and I welcome the new challenges on being involved now with the Board as Director of Player and Coach Development. I have coached or been an assistant in the BGHC for 4 years, prior to that I was a coach in the BLOMHA system and earlier on in the GTHL. I believe that we have a great organization and want to help make it even better. In my capacity I want to help develop all of our girls and make them the best possible players. We need to focus our attention on all girls whether they play in House League or at the Rep level and starting with our very youngest girls in Tyke to make sure that they play in our system for years to come. I will strive to make the playing experience in Burlington fun, exciting, challenging and rewarding.

We have become quite the hockey family in Burlington. When Aprile and I moved here in the 80's at no time did I think I would see 5 sets of hockey gear in the house, sorry garage because the smell is not something you want inside. Maxx who is 16 plays in a league here in Burlington and will also start refereeing in the BGHC soon, Avrie plays in the bantam rep program, Jillian who is 11 plays in the BGHC House League and the biggest surprise is Aprile who at (wouldn't dare tell you her age) started playing 2 years ago!! We look forward to being apart of the BGHC for years to come.

Dennis Duda
Director of Player/Coach Development

Equipment

Off-ice Wear - All your off-ice wear and Cuda promo items can be picked up at Logomaster. For information please visit the website at <http://www.cudagirls.com/cudawear/>.



A special thank you to the O'Brien family. The O'Brien's generously donated goalie equipment to our league.

Sponsorship

The Burlington Girls Hockey Club relies on the generous support of community businesses and service providers to keep hockey registrations within an affordable reach. Through team and club sponsorships, we are able to offset registration fees and expand programs to players and coaches.

There have been a number of new initiatives introduced for the upcoming season to promote girls hockey in Burlington and provide fresh opportunities for local businesses to support the continued success of the Club. We acknowledge that the recent economic situation has hit businesses very hard and the flow of discretionary funds for sponsorships is limited. With this in mind, we have introduced an opportunity for businesses to obtain greater exposure and value for their sponsorship dollar. We have made arrangements to sell arena board advertising to businesses which will provide up to 12 months of advertising exposure while at the same time supporting the BGHC. This is available for less than the cost of running a single one day ad in the community newspaper. We are also continuing to offer single team sponsorships for both house league and rep teams. In addition, we have created additional opportunities to support our annual tournament through division sponsorships and program advertising. If you or someone you know is interested in sponsoring a team or securing arena board advertising, please contact the Director of Sponsorship, Gytis Grabauskas at gytis.grabauskas@wcdsb.ca or 905-315-9469 for more information. You can also view the full range of sponsorship opportunities on the BGHC website.

Gytis Grabauskas
Director of Sponsorship

Communication

If you have news about your team or interesting articles you would like to share with the membership, please feel free to send a note to tetley_hockey@hotmail.com for inclusion in the next newsletter.

To keep costs down and to be sensitive to the environment, newsletters will be sent via e-mail. If you have an e-mail address but have not provided it to us or have changed your e-mail address, please send us a note so we can add you to our mailing list.

Teresa Tetley
Director of Communications

COACH'S CORNER

The Sampling or Learning Phase
Ages 4 to 8

It's hard to believe that we're able to register our kids to play hockey on local recreational teams as young as 4 and 5 years of age these days, but this is precisely the case in many communities. At 4 and 5, kids rarely have the cognitive ability to understand the most fundamental strategy involved in the game, nor do they understand the rules of the game. Very few 4 or 5 year olds would know where to position themselves, few would understand what role passing plays in the game, and a limited number would have any special skill level beyond skating after the puck and striking it occasionally.

At ages 6,7 and 8, children are still experiencing a steep learning curve, both in the mastering of specific hockey skills and the comprehension of the rules governing the game. Most of these children are simply happy to be a member of a team, and most every child looks forward to receiving the new team jerseys. Most importantly, children in the sampling years should learn that it is fun to play hockey because if your child does not develop a true passion for the sport of hockey, he or she will not pursue it for very long.

Organized youth sports involves in excess of 30 million children each year. Parents involve themselves in, invest in, and otherwise interest themselves in youth sport more than anything else (outside education) on behalf of their children. The executive and directors want your experience with our program to be absolutely wonderful ... but we need your help.

Most of us adults have not been children in a long, long time. We often forget to consider the activities we involve our children in through their eyes. Our adult view of youth programs is skewed toward programs already in place. In other words we tend to view, create, and structure programs for children the same way we last experienced them in high school, college, and in some cases professional systems. We must continually remind ourselves who these programs are developed for to ensure that we are meeting the needs of the children.

We would like to ask that the parent govern their emotions as you advance through the system. These first few years play a vital role in allowing your child to develop a love for this game of hockey, a passion for physical activity of all variety, for learning about what it means to compete and compete fairly, and most importantly, for having fun. Practice patience ... allow them the freedom to experiment with different approaches without interfering, so that they might gain the self-confidence that comes from trying something over and over again.

Practice praise as it will also play a significant role. There will be a lot of first attempts out there that will go un-rewarded, (certain skills will take time to develop ... praise the effort in these cases. Most often, it will be enough that you 'noticed' the 'trying over' of such things.

And finally, (just as a reminder) try not to get too excited about your child being 'the best players on the ice', and conversely, try not to be too anxious if your child is having a hard time out there. Statistics show that there is practically zero correlation between ability at this age and those who receive significant rewards in the sport at a later age. Enjoy your kids and enjoy the program.

Psychosocial Characteristics of Young Hockey Players (Ages 6 - 8 years of age)

- They are not mini adults.
- Attention span of a 6 year old is short, but is a bit better than those children under the age of six. They will be able to follow 2 or 3 step instructions and are starting to have a good understanding about what it means to play a "game." In fact, they will start to interact cooperate more with teammates. You may, I repeat may see an occasional pass on purpose. Passing is just not a part of their game. It's much more fun to skate and shoot the puck, no matter how hard someone yells for them to pass. Let them skate and shoot!
- Social sense not quite developed at 6, improves however they are still inclined to small group activities.
- Always in motion; scratching; blinking; jerking; rocking...
- Easily bruised psychologically. they will remember negative comments for a long time. Shout praise. Give "hints".
- They want everybody to like them.
- Developing physical confidence. (Most are able to ride a two wheeler by the age of six).
- Starting to imitate older players. Want to wear the same 'gear'.
- Lack a sense of pace. They will go flat out until they drop.
- Skeletal system growing rapidly and out of sync with the "wiring". Often results in apparent lack of coordination. These rapid growth spurts give the appearance that they have lost control of their body, and what they were able to do 2 weeks ago is now apparently unattainable. Practice Patience!
- Training on the ice once or twice a week is plenty, and sessions should not last longer than one hour.
- Learning to skate and control the puck should be the main objectives. They need to touch the puck as many times as is possible during the session, for example, during fun activities. This will engage them.
- Encourage them to get better by practicing on their own. They can learn by themselves, no matter how much we feel they need our intervention.

- Cardiovascular and temperature regulation system is not developed. Their heart rate peaks quickly and they overheat. They need adequate water breaks and can recover quickly.
- They have a limited understanding of personal evaluation. In their eyes, "if they try hard, they perform well". Encourage them constantly and ask them frequently "Can you do this?"
- In the heat of battle, they may forget which net they are supposed to shoot at.

As was mentioned in week one, the most important reason to play hockey is because it is fun. While we do hope to develop some of the fundamental skills of the game during the course of the program, for the most part we are going to let the game be the teacher as much as possible.

Things to reinforce: For the coaches who are teaching the beginners, here are a few things to consider when introducing the hockey stride. Ask them to think of their head being in 'a glass fish bowl'. The head should remain steady and up-right, and should not thrash side to side when they skate. If it thrashes up and down, side to side, back and forth, the glass will break!

Ask them to think of skating in the crawl space of their house (explain what a crawl space is for those who have full basements). To play in the crawl space requires that they bend their knees and get low. (they should not bend at the waist, rather they should sit) If they remain up-right or bob up and down....they will break the fish bowl! They should also be asked to pump their arms front to back with one hand on their stick 'hammering their elbows back'. This reach and pull action will lengthen their stride.

Finally, (and this one might not register because we are already at three points) ask them to think about pulling their feet back underneath them with a heel to heel recovery.

I will continue to talk about these points, but you can introduce these on your own then ask them questions about what they have learned after the fact to see if they understood the points being made.

Enjoy,

Dan Poliziani
Coach Mentor

**CWHA – BURLINGTON BARRACUDAS
SR. AAA SCHEDULE**

October

24th vs Brampton Thunder @ 7:30pm - Central Arena
25th vs TEAM CHINA @ 12:30pm - Appleby Arena
31st vs Montreal Stars @ 7:30pm - Etienne-desmarteaux

November

1st vs Montreal Stars @ 1:00pm - Concordia University
7th vs Brampton Thunder @ 7:30pm - Central Arena
8th vs Montreal Stars @ 12:30pm - Appleby Arena
14th vs Mississauga Chiefs @ TBD - Arena TBD
15th vs Ottawa Senators @ 12:30pm - Appleby Arena
21st vs Brampton Thunder @ 6:00pm - Century Gardens
22nd vs Mississauga Chiefs @ 12:30pm - Appleby Arena
28th vs Vaughan Flames @ 3:30pm - SW Middlesex
Memorial
29th vs Mississauga Chiefs @ 12:30pm - Appleby Arena

December

5th vs Brampton Thunder @ 6:00pm - Century Gardens
13th vs Montreal Stars @ 12:30pm - Appleby Arena
19th vs Mississauga Chiefs @ 7:30pm - Central Arena
20th vs Ottawa Senators @ 12:30pm - Appleby Arena

**PWHL – BURLINGTON JR. BARRACUDAS
INTERMEDIATE AA SCHEDULE**

October

27th vs Stoney Creek @ 8:15 pm - Mohawk 4 Ice Centre
31st vs Markham @ 8:00 pm - Angus Glen Community
Centre Arena

November

13th vs Kitchener-Waterloo @ 8:00 pm - Appleby Arena
14th vs Cambridge @ 3:30 pm - Hespeler Memorial Arena
Regular Season
15th vs Kitchener-Waterloo @ 7:00 pm - Kitchener
Memorial Auditorium (Dom Cardillo, Kinsmen)
20th vs Windsor @ 8:00 pm - Central Arena
21st vs Bluewater @ 8:00 pm - Central Arena

December

4th vs Aurora Jr Panthers @ 8:00 pm - Central Arena
5th vs Aurora Jr Panthers @ 7:15 pm - Aurora
Recreation Centre
11th vs. Whitby @ 8:00 pm - Appleby Ice Centre
12th vs Markham @ 8:00 pm - Central Arena
14th vs Etobicoke @ 7:15 pm (Arena TBD)
18th vs Stoney Creek @ 8:00 pm – Central Arena
19th vs Durham @ 7:30 pm – Ajax Community Arena
20th vs Mississauga @ 4:15 pm – Erin Mills Twin Arenas

VOLUNTEERS WANTED

High School Students please note that we have volunteer hours available. Please e-mail me at Tetley_hockey@hotmail.com if you are interested. Regular game volunteers are required for both our CWHL and PWHL teams.

ADULT PLAYERS WANTED

Players need to round out rosters in our Senior Recreational Program.

3 levels of play available, Novice, Intermediate and Advanced.

**Note – No experience necessary for Novice Level
Come on out and learn how to play!!!**

Please contact Kathy Gilmour for more information

**Note – Link to directors e-mail addresses available at
<http://www.barracudashockey.com/Administration/Contact/executive.htm>**



YOUR SENIOR AAA BARRACUDAS



VS.



NATIONAL WOMEN'S TEAM OF CHINA

**SUNDAY OCTOBER 25TH
AT APPLEBY ARENA
TEAM ON - ICE WARM UP'S START AT NOON**

FIRST 100 KIDS WEARING THEIR TEAM JERSEY WILL RECEIVE A
FREE FAN TOWEL!

AUTOGRAPHS WILL BE HELD AFTER THE GAME BY BOTH TEAMS

NELSON HIGH SCHOOL CHOIR WILL SING BOTH NATIONAL
ANTHEMS

* FOR ADDITIONAL INFORMATION ON YOUR SENIOR AAA
BURLINGTON BARRACUDAS
CONTACT: MARK ECKEBRECHT
PHONE: 905-572-0377 E-MAIL: mark@adverttechgroup.com

You can also check out www.barracudashockey.com for more information